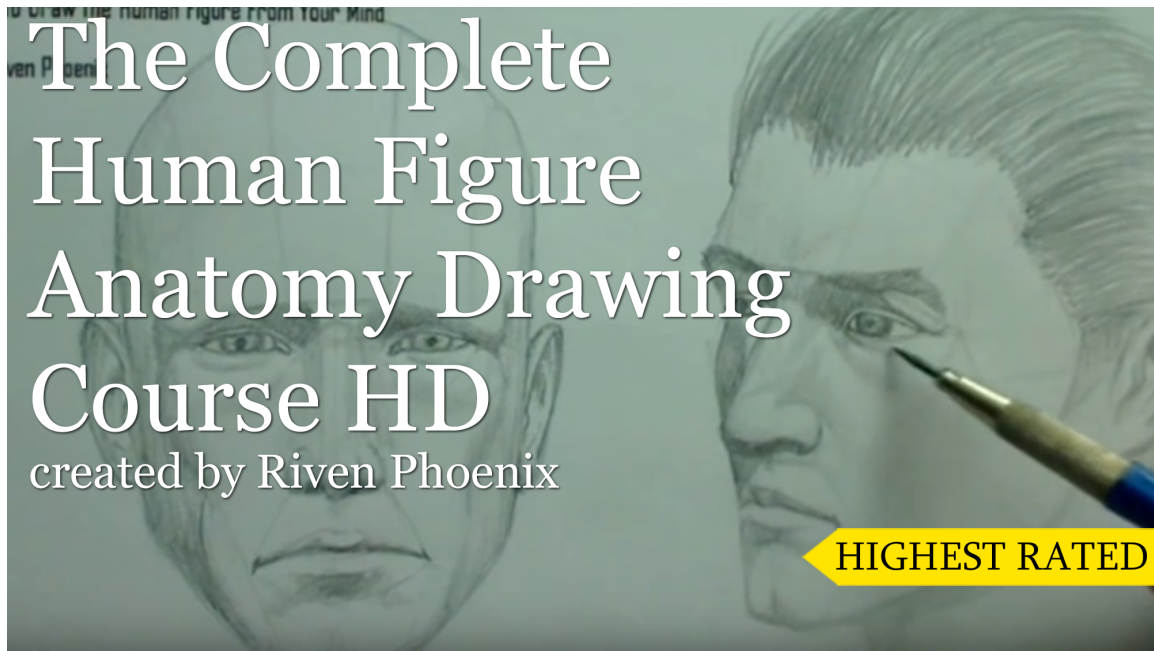


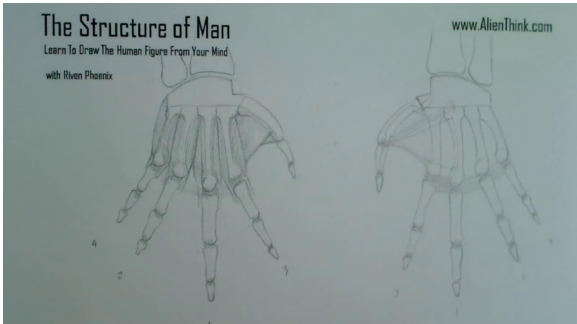
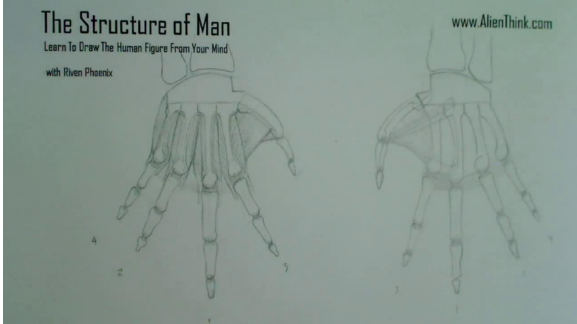
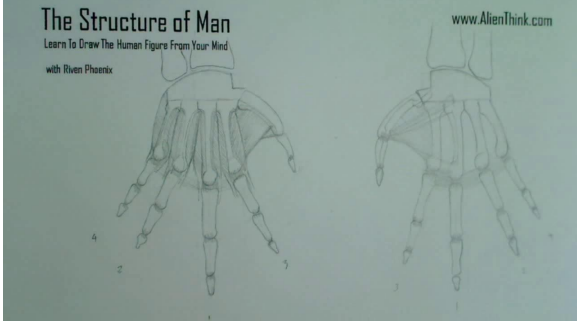
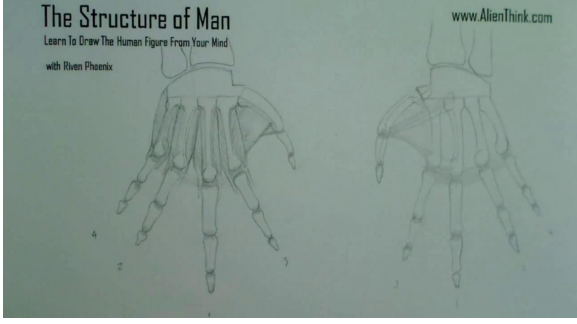


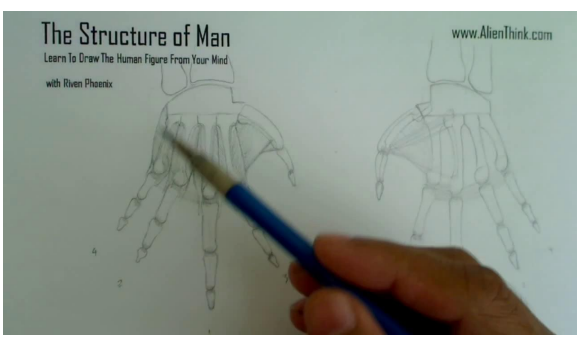
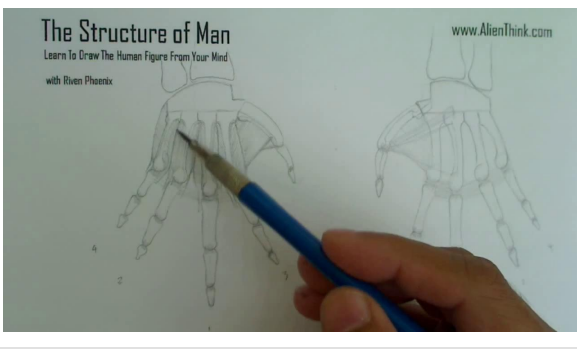
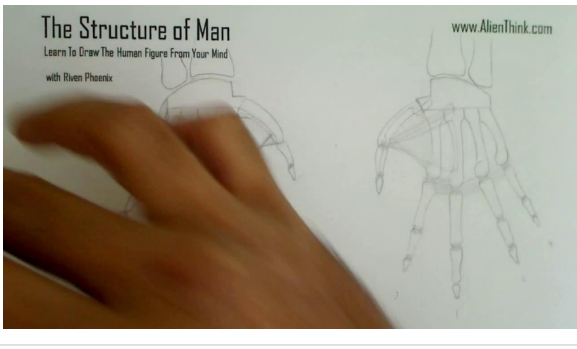
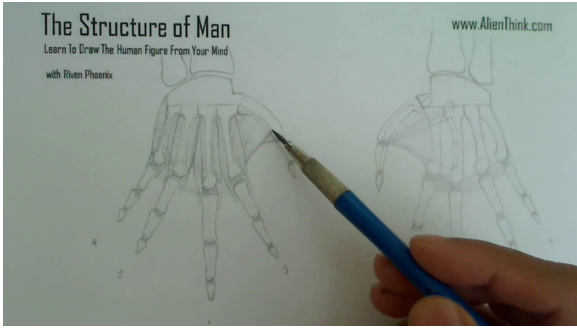
The Structure of Man

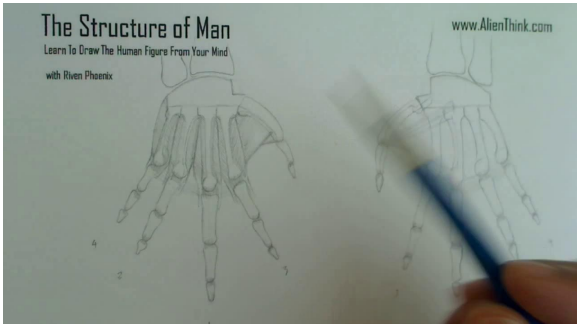
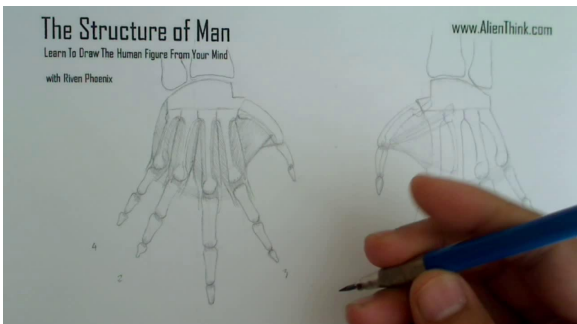
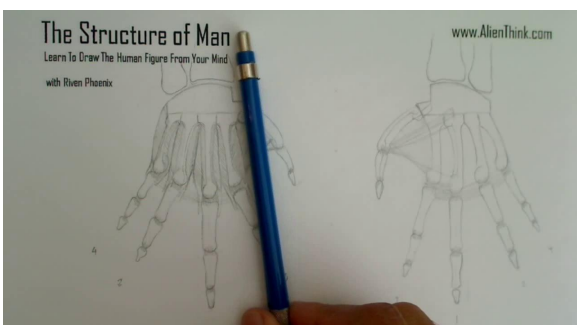
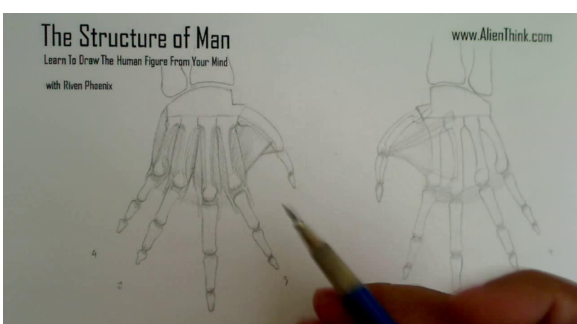
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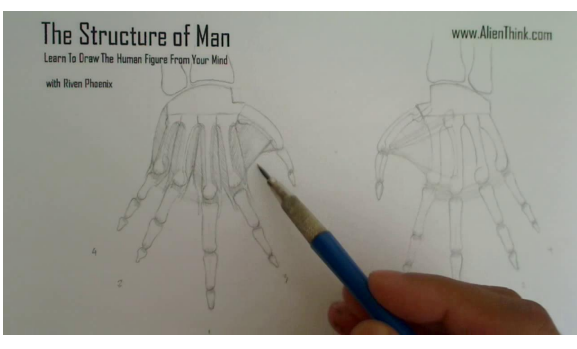
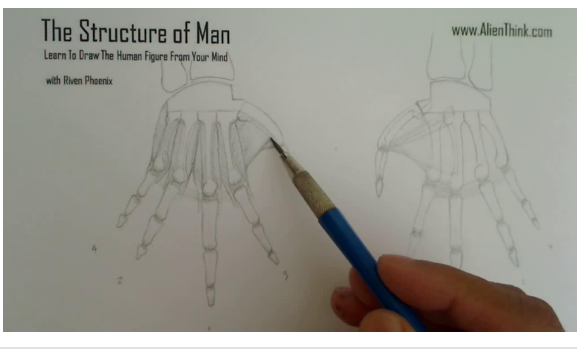
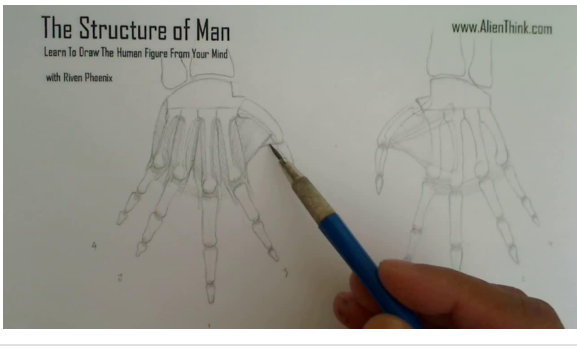
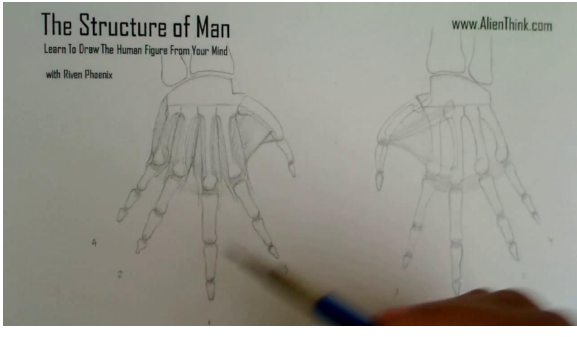
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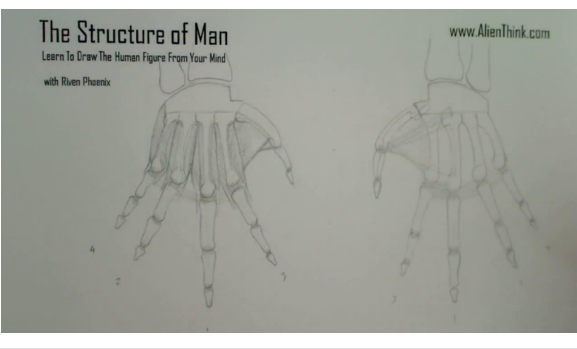
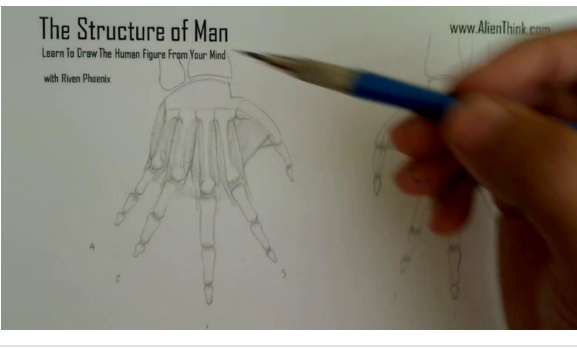
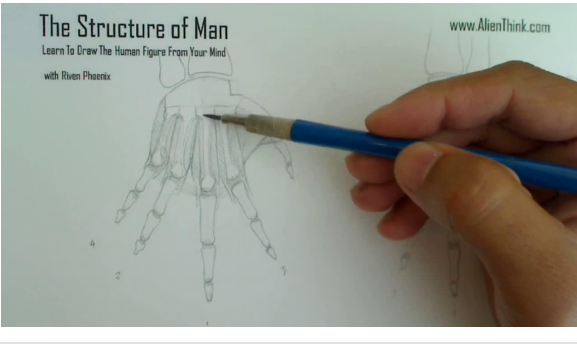
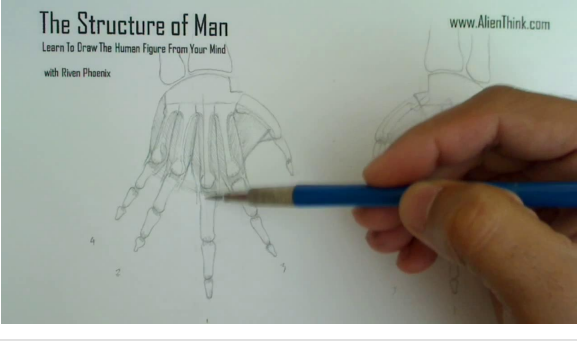
Figure Drawing Lesson 159 - The Muscles of the Hand -
Part 4

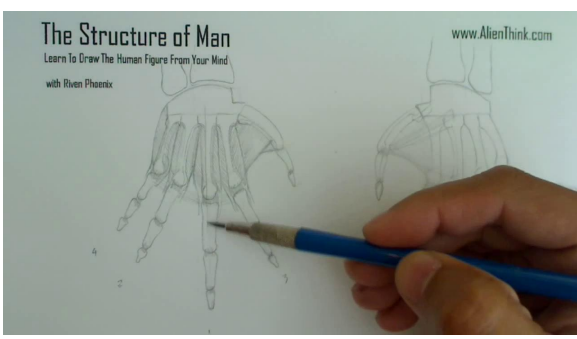
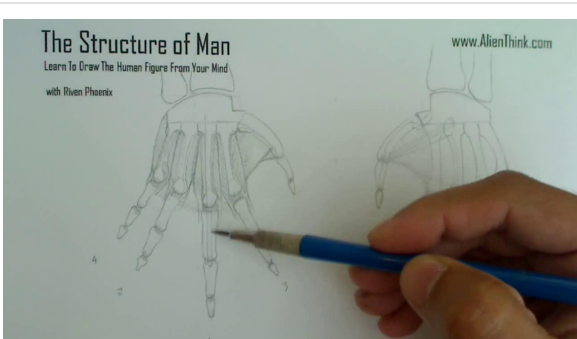
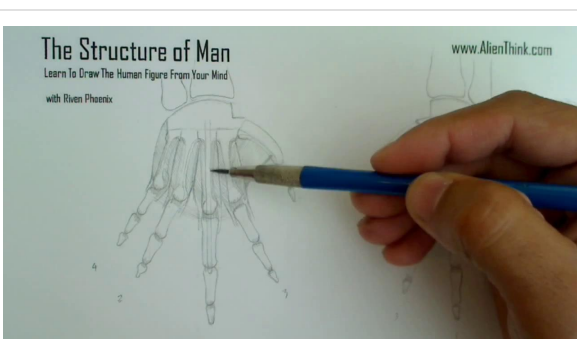
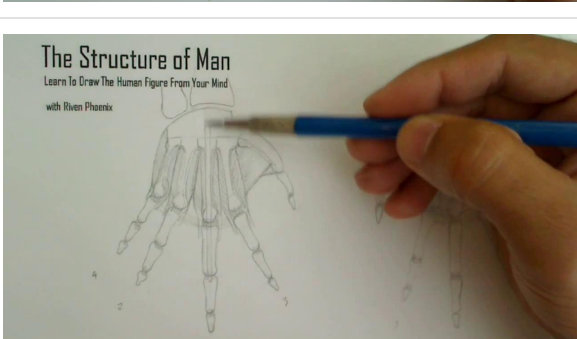
1		Hey guys, my name is Riven Phoenix and welcome to the structural plan to draw the human
2		figure from your mind training course.
3		Okay, so now we're here, looked at basically all the muscles that we are going to be
4		pop of the hand, really dark, there isn't much going on in the hand, right?

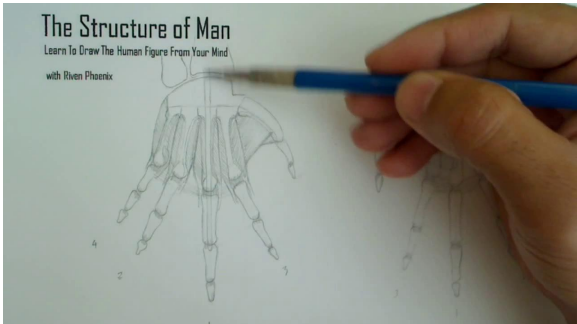
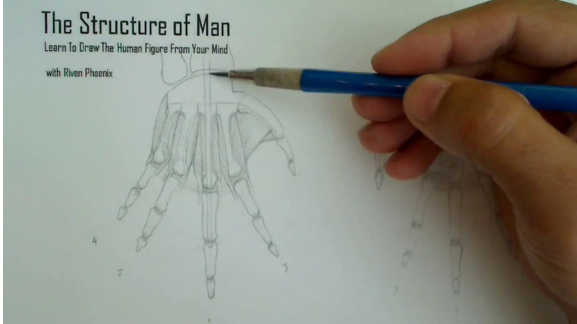
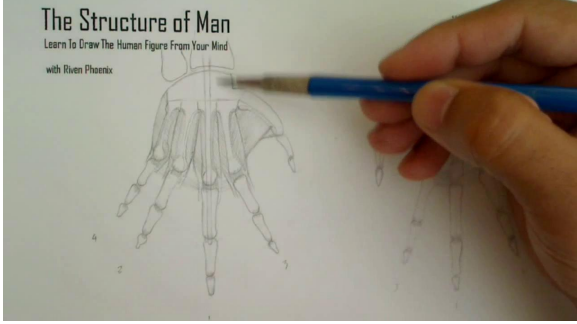
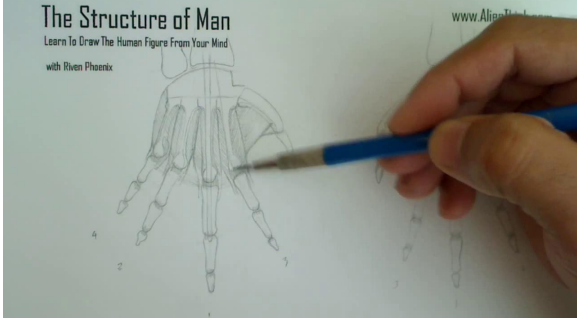
5		So here you can see that this muscle is going to make an impact and surface anatomy and
6		obviously these creases here that we've put that we can obviously see that they're going
7		inside, right?
8		So in this connection system is going to really solve the issue of how to understand

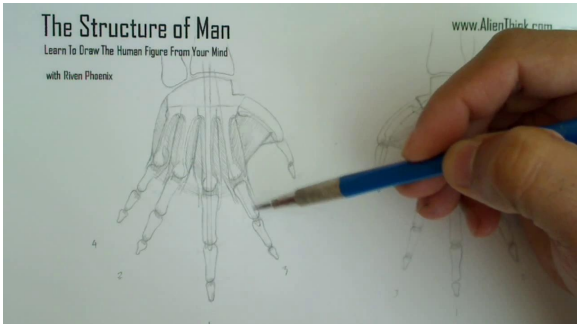
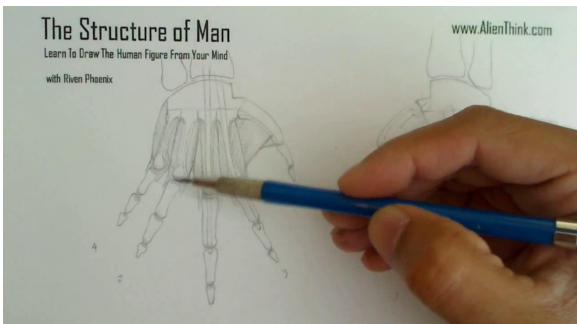
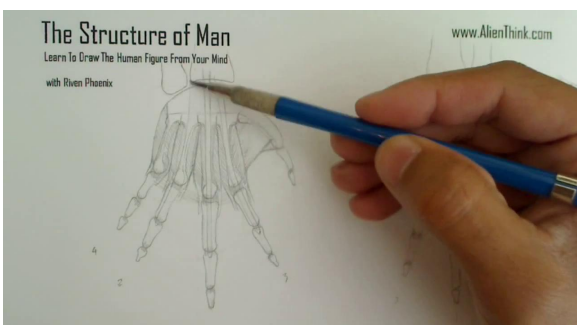
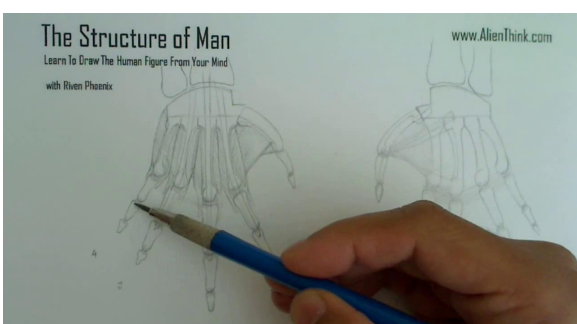
9		the hand, right?
10		So when you're drawing at the hand, you can also understand it that if you took away
11		the thumb, how easy it would be to just draw the hand just with the fingers, right?
12		So the key thing to understand from this is that when you are drawing out the palm, right,

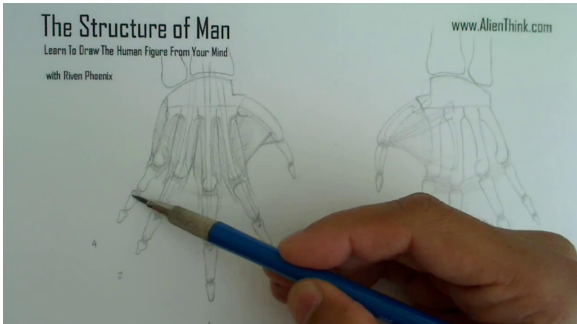
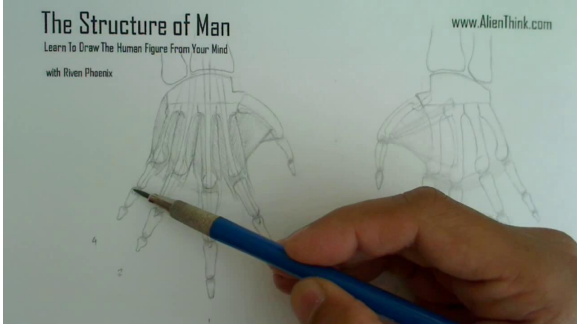
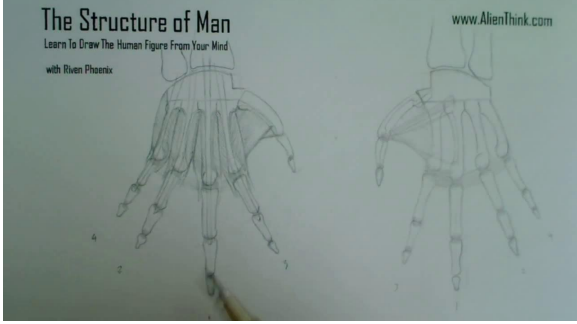
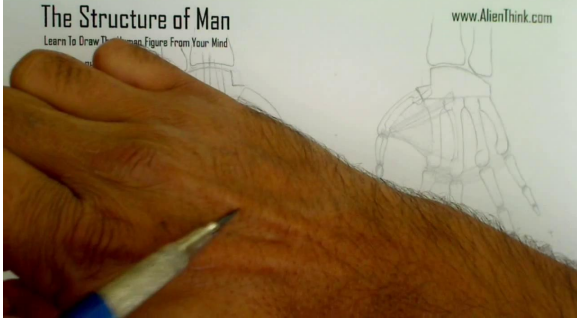
13		you can see that over here is going to be this connection system right here and it's
14		going to go here, then you're going to get this, right?
15		This is under it.
16		So now we're going to understand the pulley systems because that's what it's all going to come

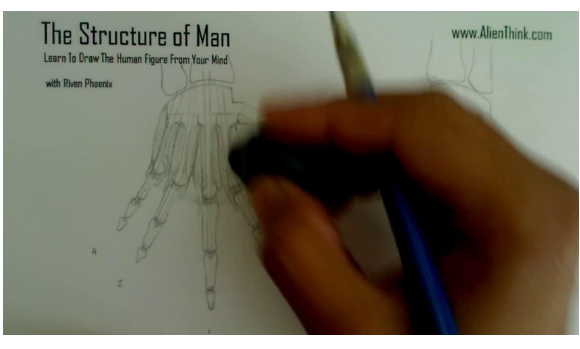
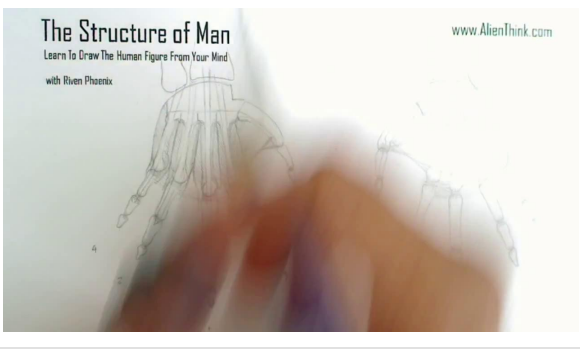
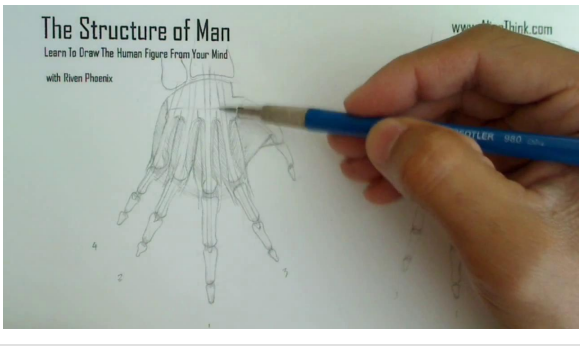
17		down to now.
18		Right, so the pulley systems are basically like this, you're going to get a wire here, first
19		we'll start out with this wire, basically you're going to get this wire here, he's going
20		to go all the way down here, okay?

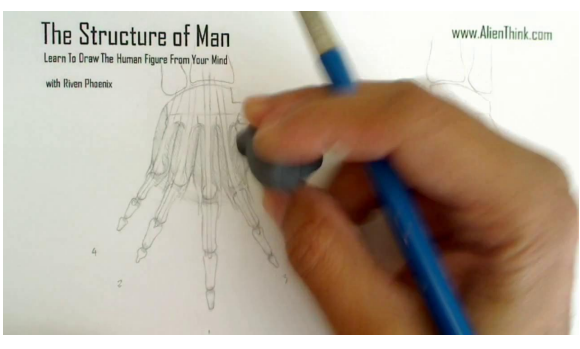
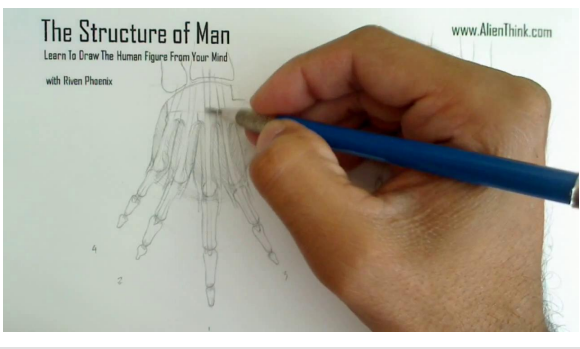
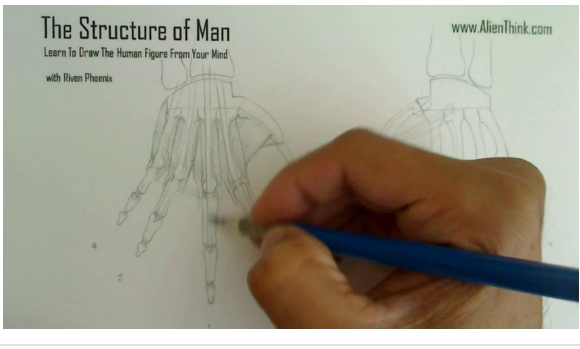
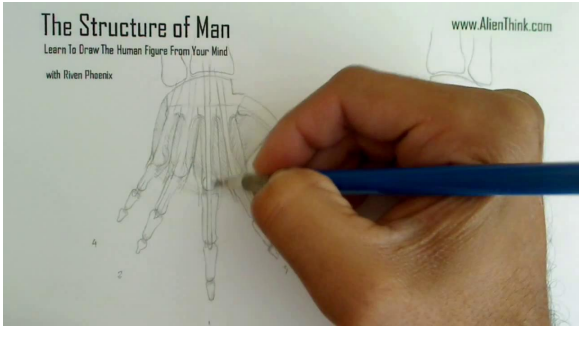
21		And he's just going to stop over here like this, he's going to go all the way down, he's
22		going to go all the way back up over here, right?
23		So what is this wire going to, well it's going to do the muscles of the forearm that we
24		just looked at, right?

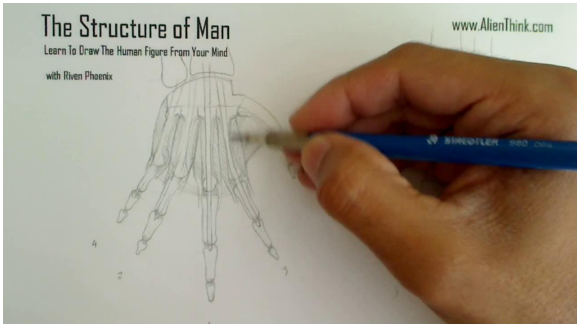
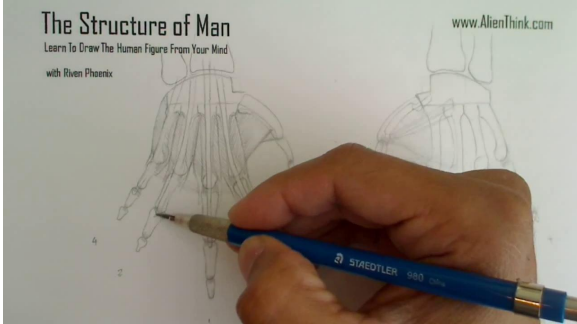
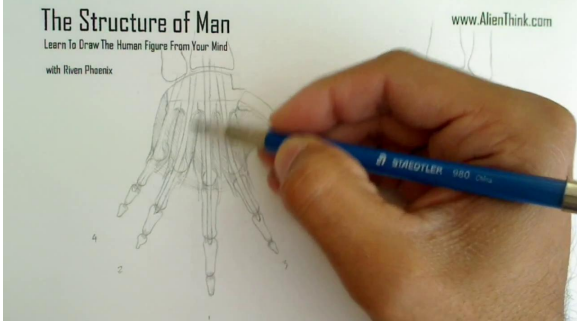
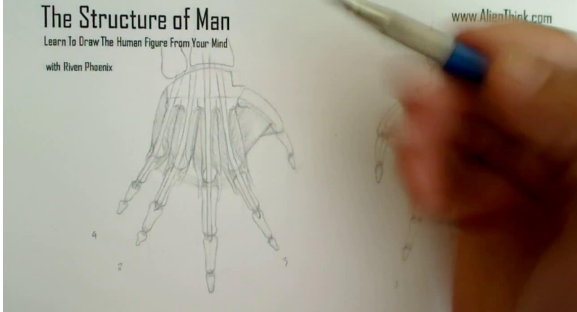
25		So technically we don't really have to understand where these wire systems are connecting to
26		the forearm because it's very easy to grasp that concept, right?
27		So here you're going to get another wire over here, right?
28		And he's going to connect over here to this guy, look where he connects here and he's

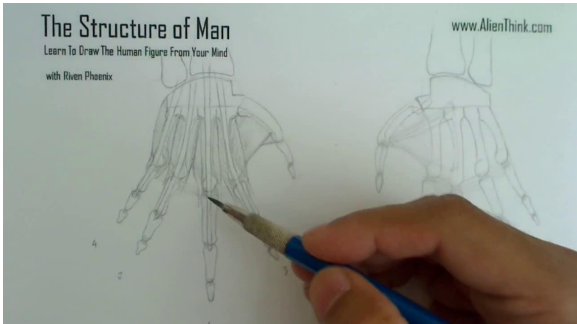
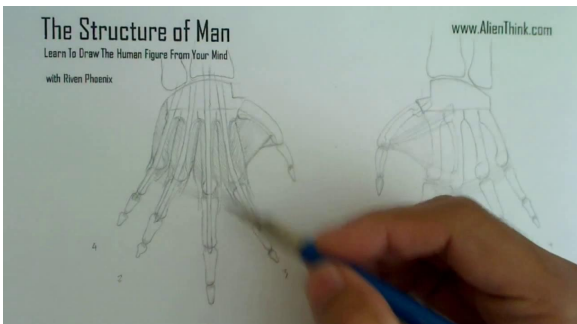
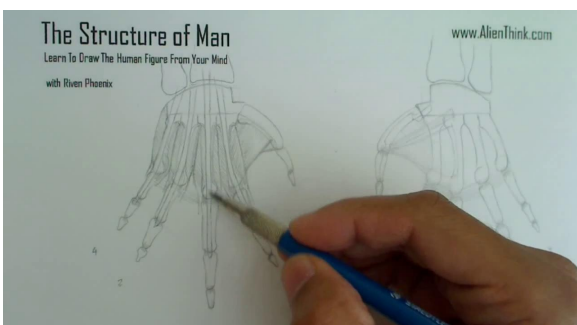
29		just going to go back up like this and be done with it.
30		Same thing over here, you're going to get this wire over here and he's going to connect
31		to the muscles of the forearm and he's going to come back down over here and be done with
32		it.

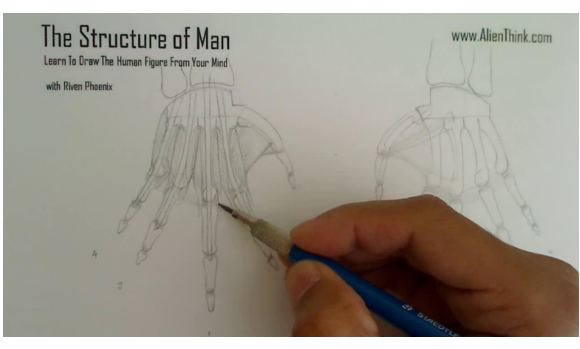
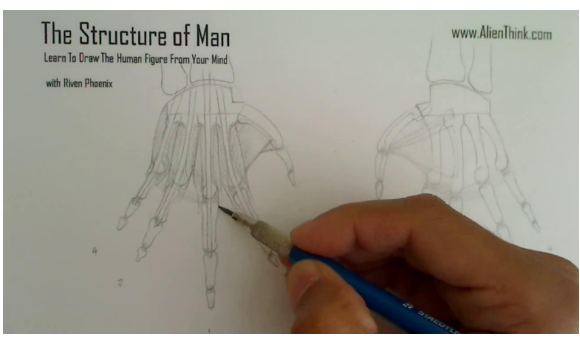
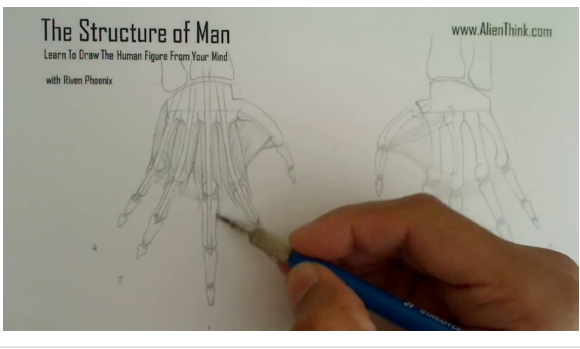
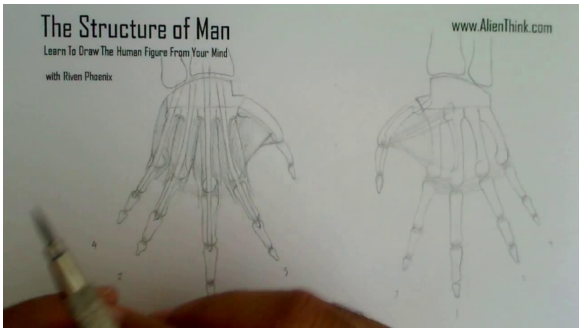
33		And then over here it's going to be the same thing, a wire going over here and he's going
34		about on top over here and he's going to just go over here like this.
35		So that's actually, now you can see clearly that these wires are these muscles here, right?
36		These wires over here, that's what we are talking about.

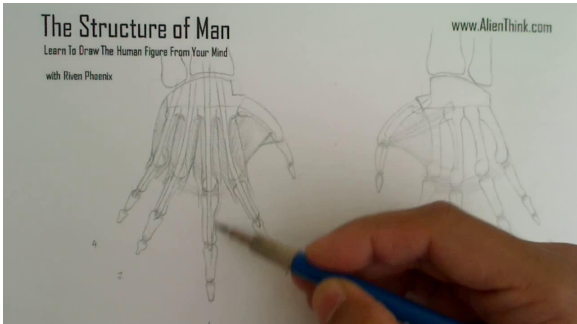
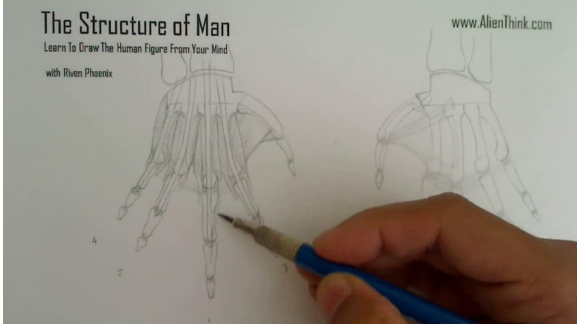
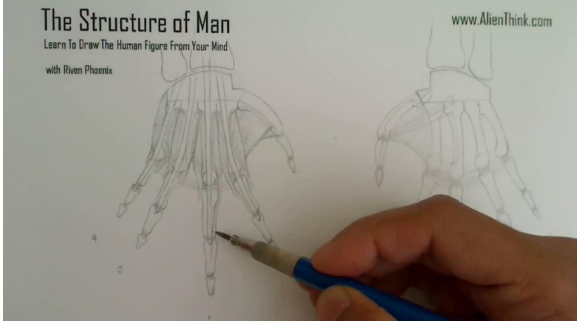
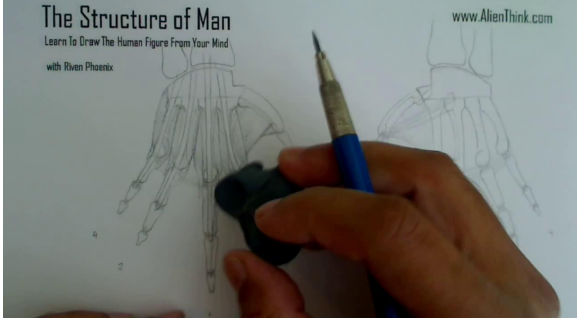
37		Okay, so now let's just clean this up so we understand because we're not going to understand
38		something very unique about the pulley system and how these muscles interact, right?
39		So here I'm just going to put this, just darken it up a little bit so it can come through
40		nicely over here.

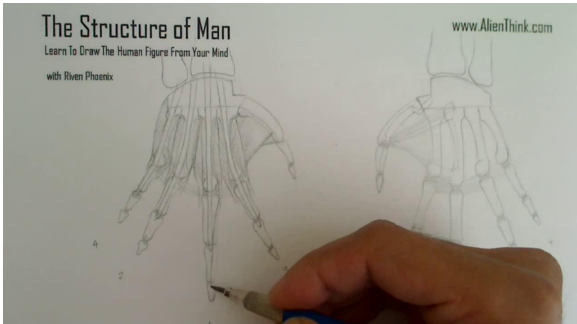
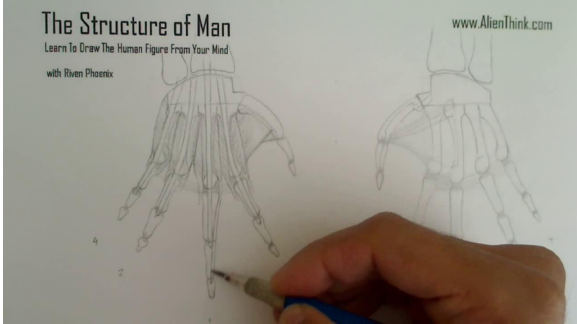
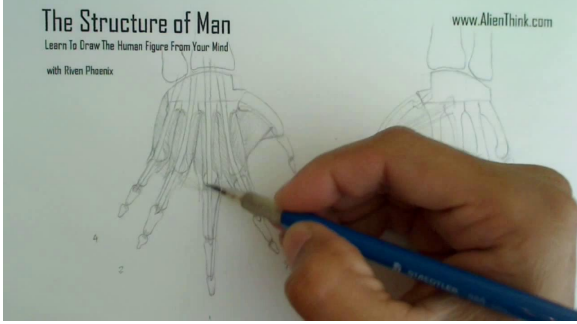
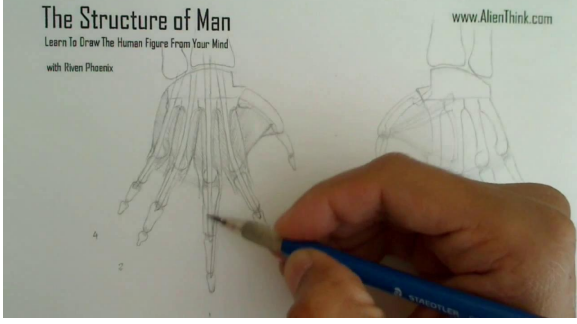
41		We're just going to erase some of these details that we've put over here and then come
42		down this way over here.
43		Okay, so let's work on one wire at a time.
44		Okay, so what happens really with these muscles that we've put down on these muscles?

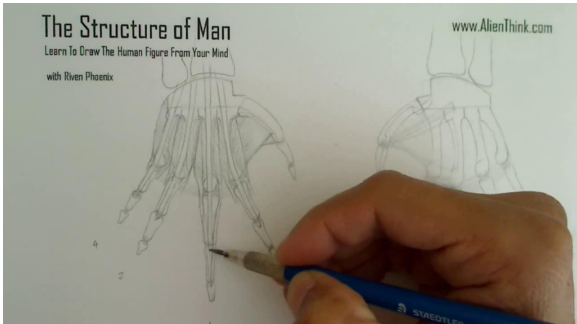
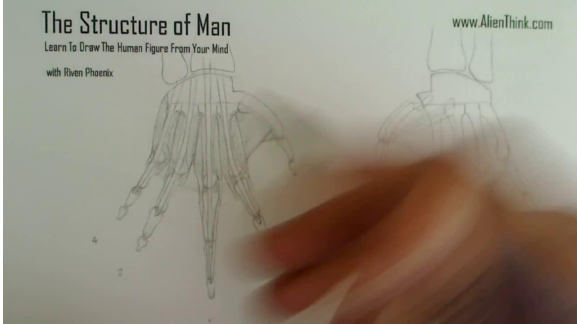
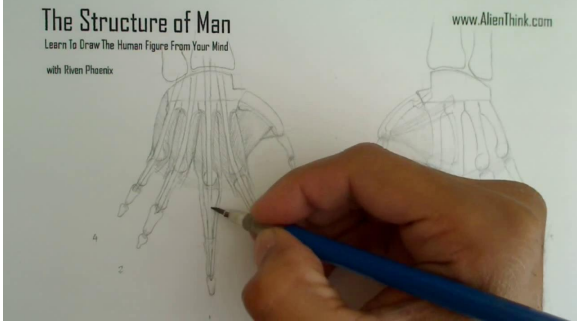
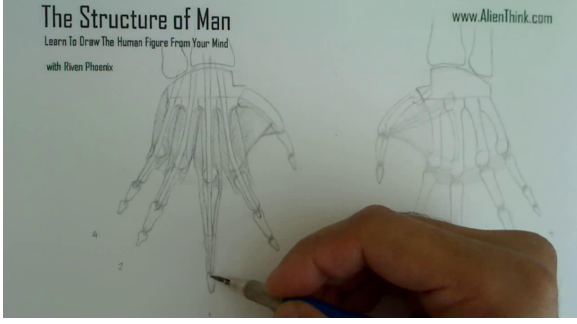
45		So they're part of a very intricate pulley system that allows the hand to do very detailed
46		work such as what we're doing right now is drawing, right?
47		So to understand how this is working, we just need to get a good understanding of what's
48		going on here.

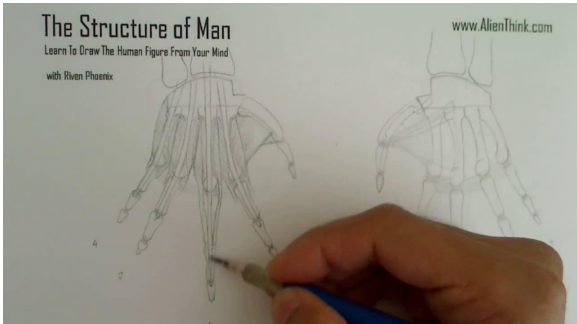
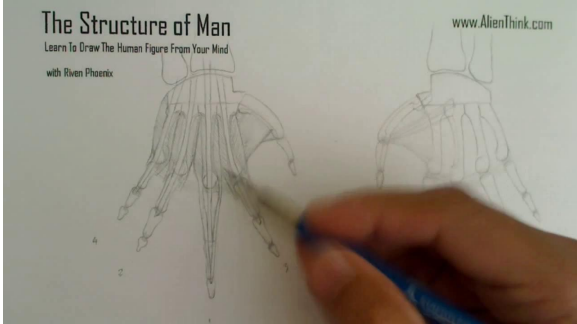
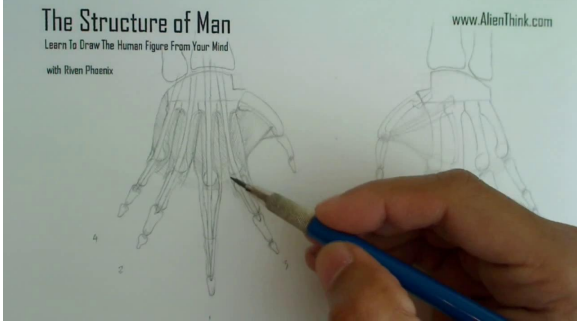
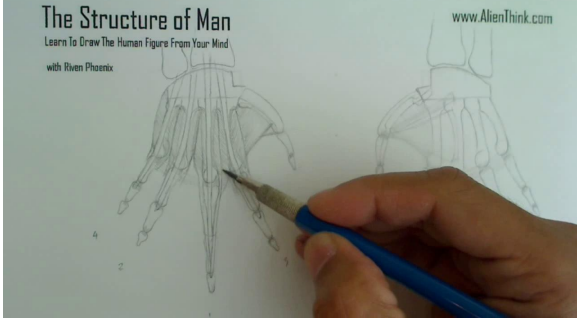
49		So what happens is that the middle finger is the most powerful finger.
50		Okay, and we can tell that by if we study anatomy, we'll begin to understand that okay,
51		I got this one pulley system that's connected to the forearm.
52		So what happens is that this muscle here that we have, he's going to come over here like

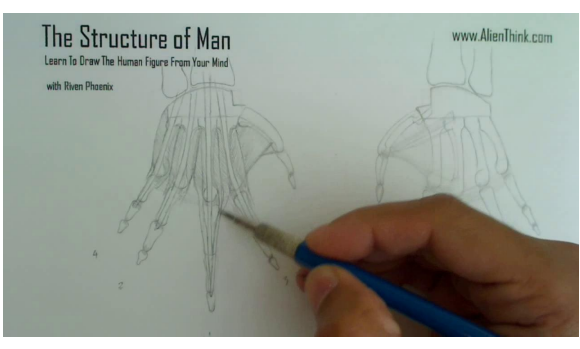
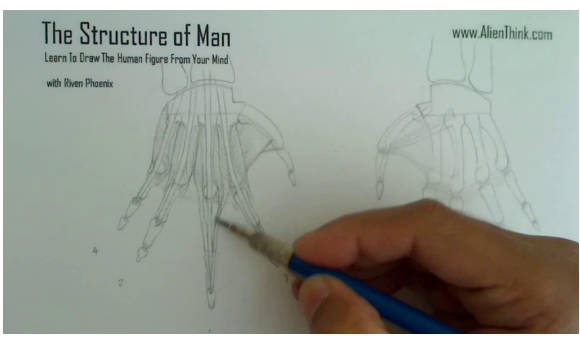
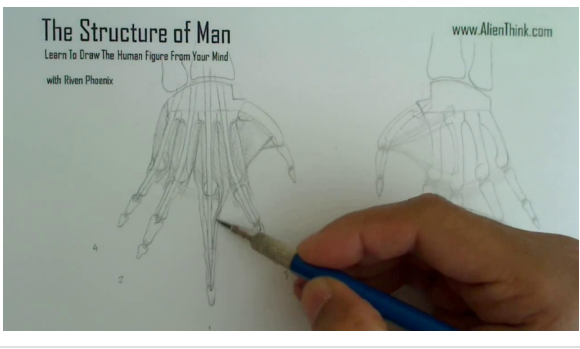
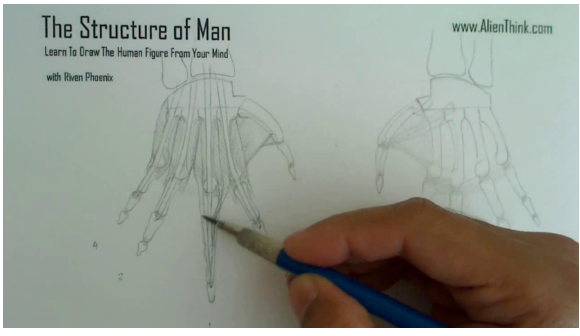
53		this, right?
54		And they're going to come over here on the side of the finger over here.
55		They're just going to go on the side like this, okay?
56		Okay, so what happens is that when they get over here, these pulley system is basically

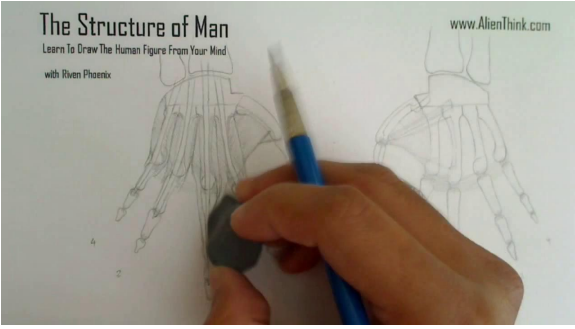
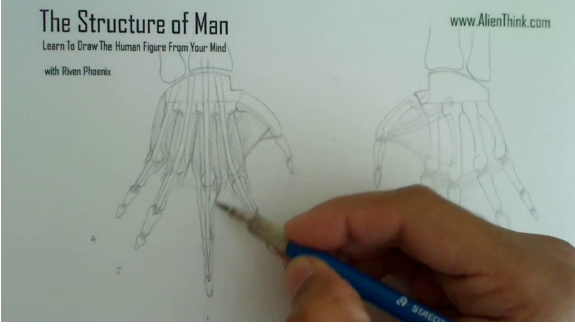
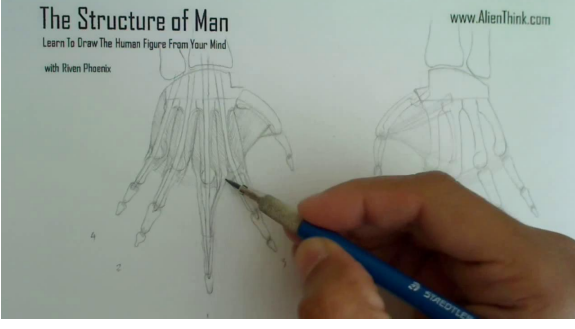
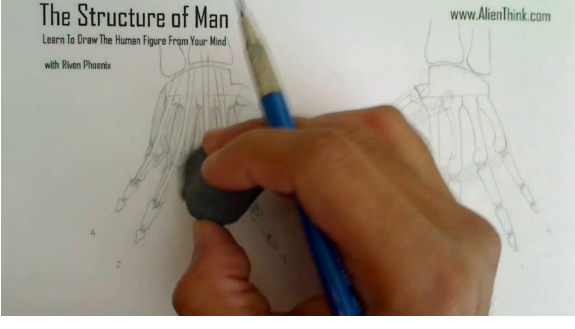
57		just going to be like this.
58		Just imagine this to be on the side, that from this muscle he's going to come like this
59		and he's going to come all the way and he's going to connect to the tip over here, okay?
60		So to clear this, some of these, I'm just going to clear this up a little bit so you can

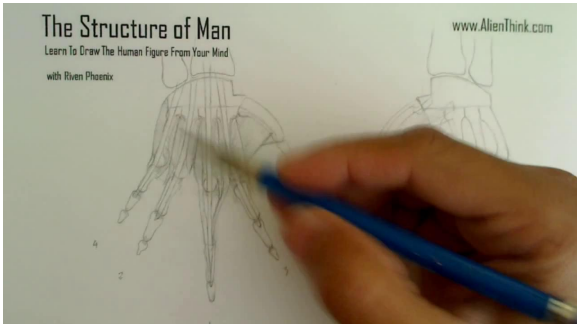
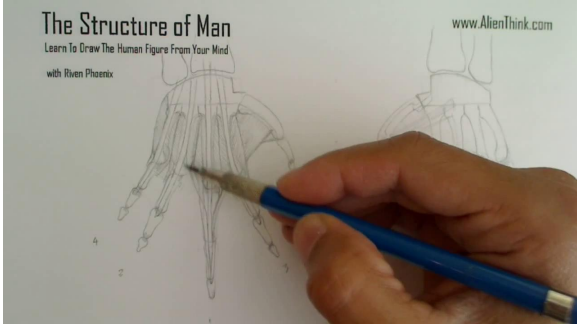
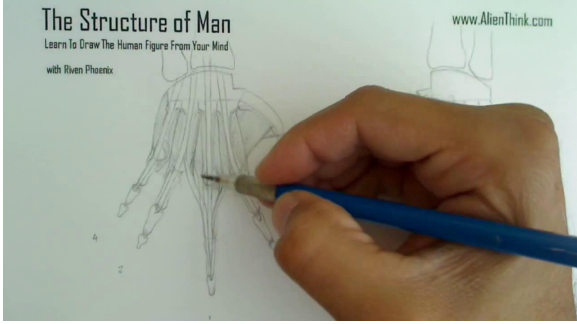
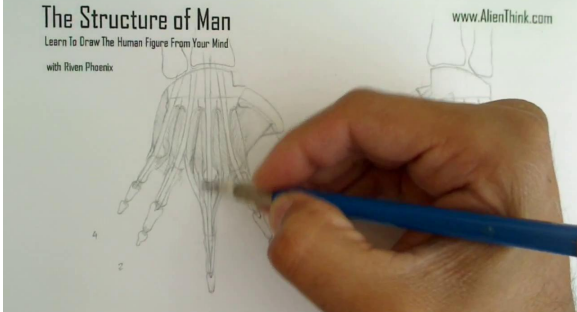
61		see this better, he's just going to come up over here and he's just going to connect
62		like this over here, okay?
63		And this muscle here is going to do the same thing, he's going to just, this pulley system
64		is just going to come in like this over here and he's going to do the same thing so you

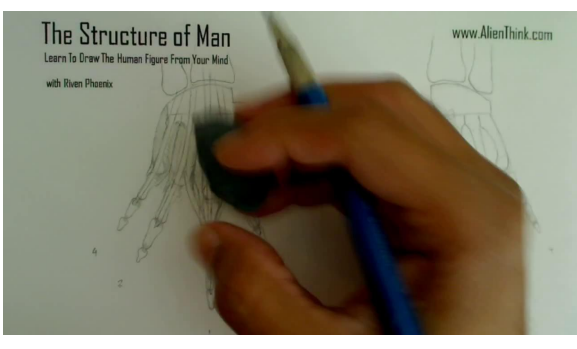
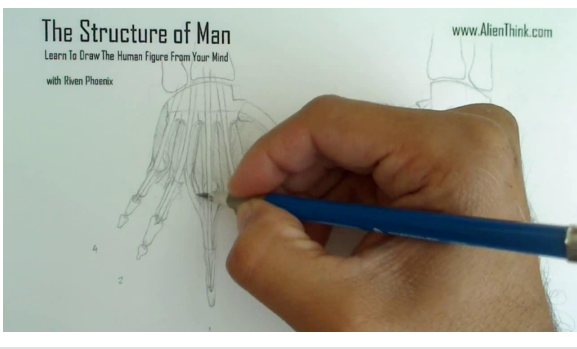
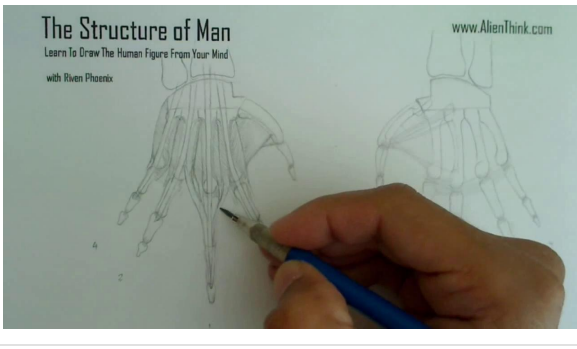
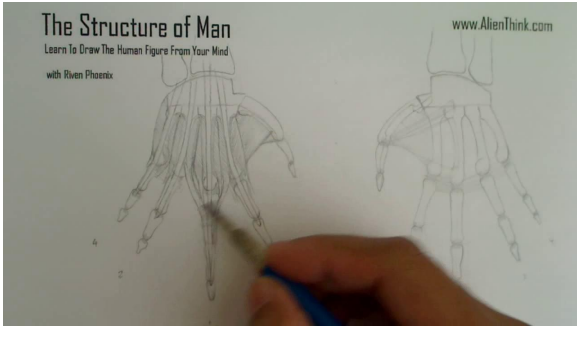
65		will get like this V shape, but look where he's connecting over here, right?
66		So why is this important to just grasp conceptually and visually is because what happens is that
67		the middle finger gets four muscles that allow it to do all these, you know, move all these
68		things over here, right?

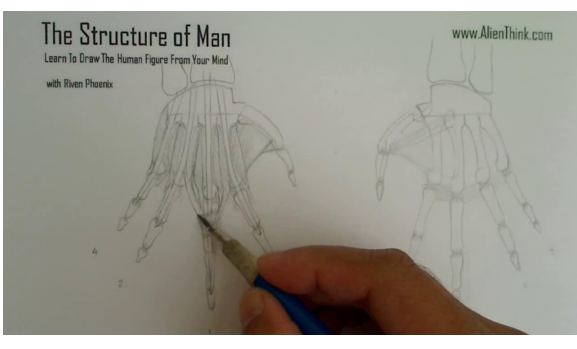
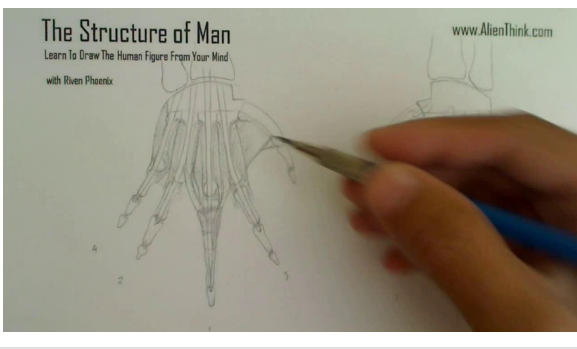
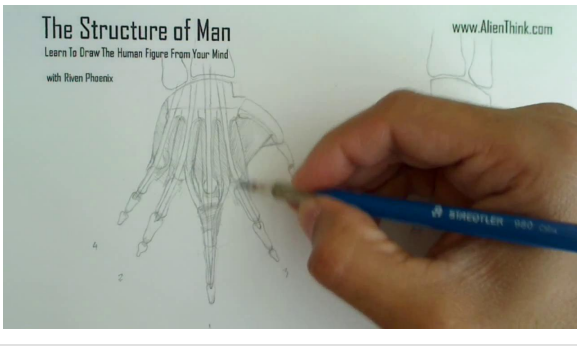
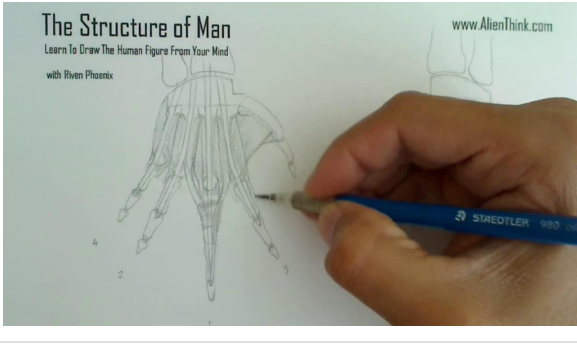
69		So where do these four muscles come from?
70		So what happens is that this muscle here, he's going to actually start to turn from here,
71		what happens is that where he's connected over here, he actually pulls in and then comes
72		in here also, right?

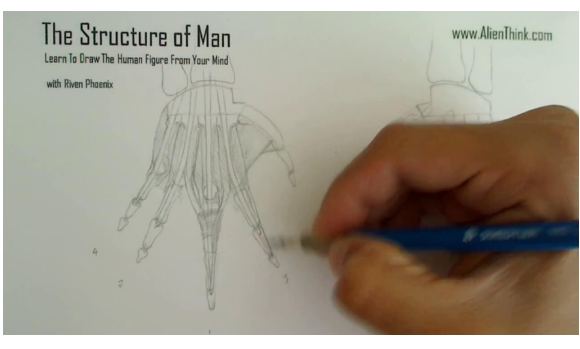
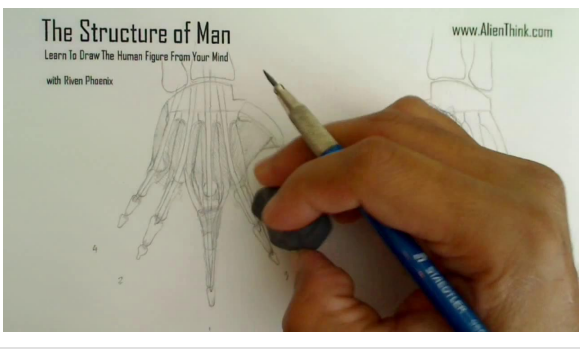
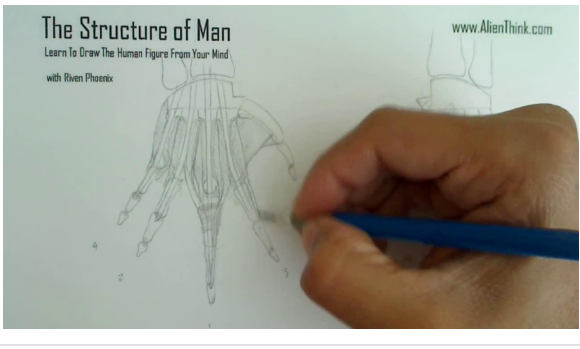
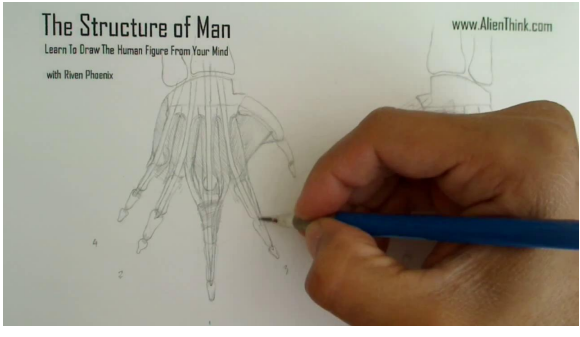
73		So he gives the finger another pulley system over here, right?
74		So basically all of these guys here are connected together over here, right?
75		So this one is just going to basically merge in with this.
76		So this muscle really is, these pulley systems are really going kind of like on the side

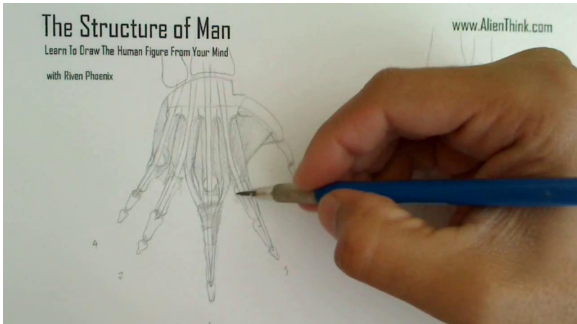
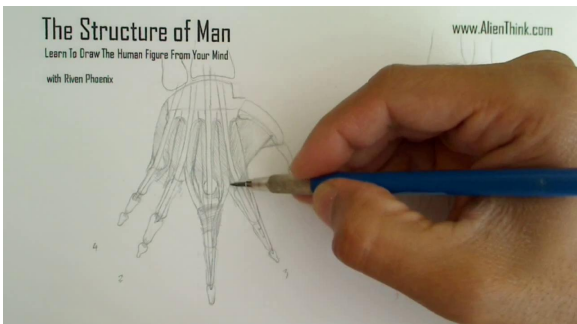
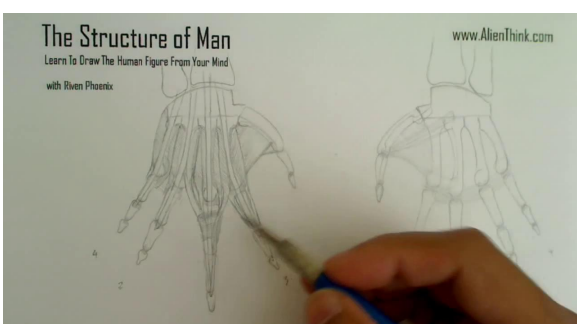
77		here, right?
78		So he's just going to come over here like this.
79		So now we get one, two over here and then three and then over here, he's going to do the
80		same thing, right?

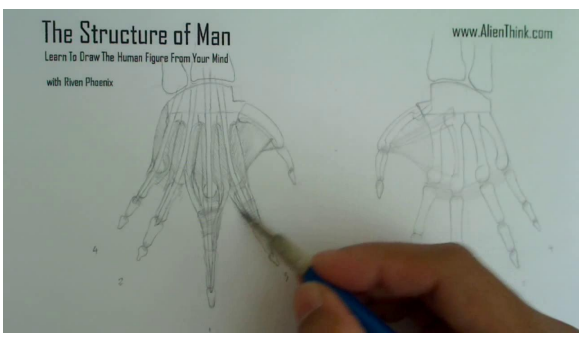
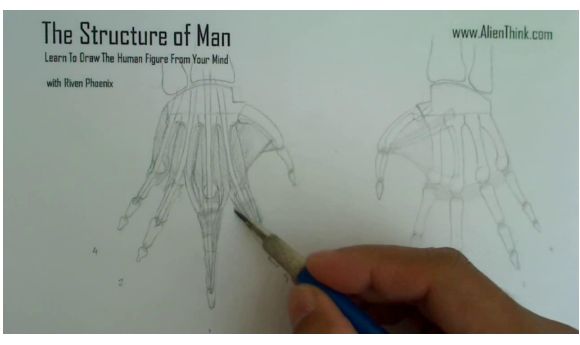
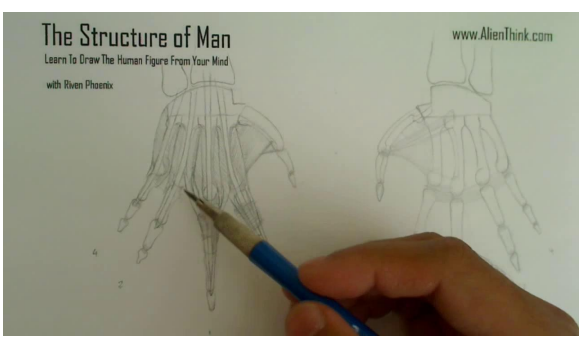
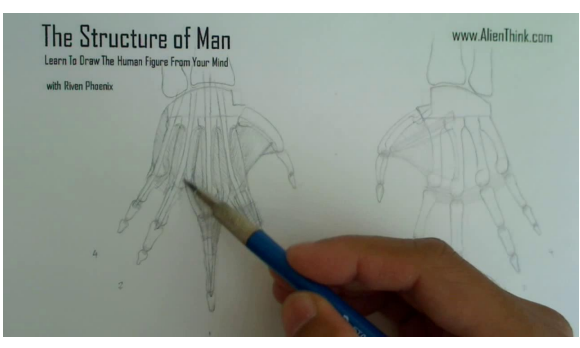
81		It's odd as to how this is, but it makes sense because this is why we can begin to just understand,
82		okay, well, I'm beginning to grasp this concept why the middle finger is much more powerful,
83		right?
84		So it gets four of these pulley systems over here.

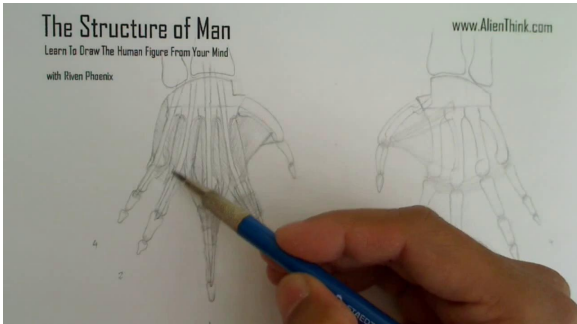
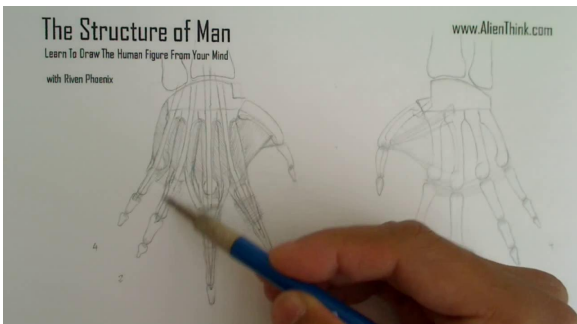
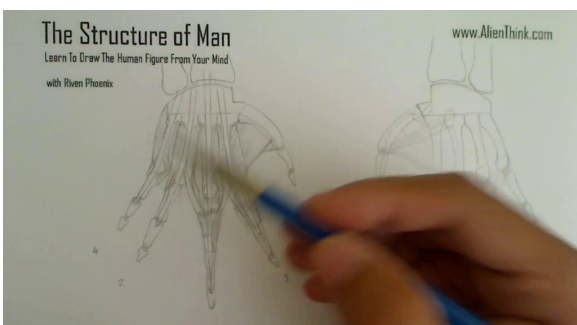
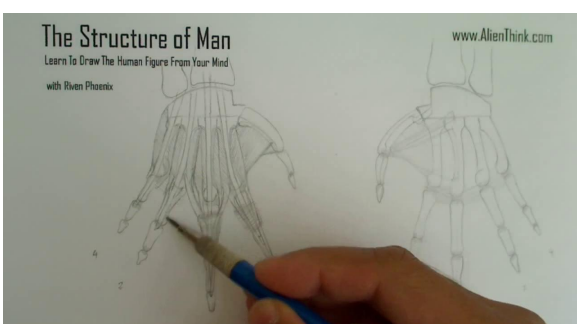
85		So we're just going to clean up some of these areas here, right?
86		And then here, we're going to kind of like keep this a little light, so basically what
87		happens is that over here, you're just going to get like a tendon, like a tissue that's
88		covering up this area of the finger.

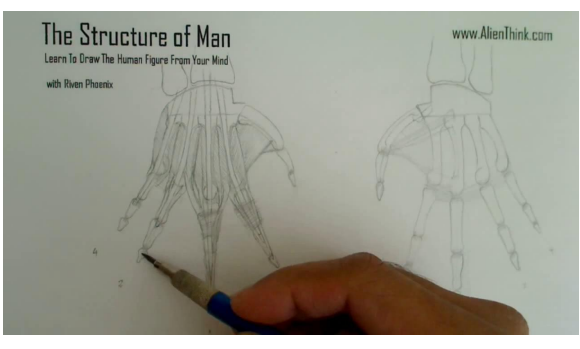
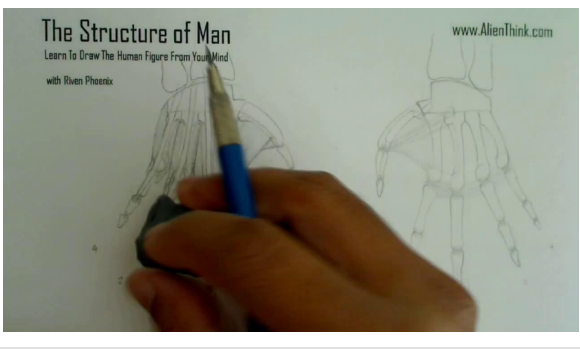
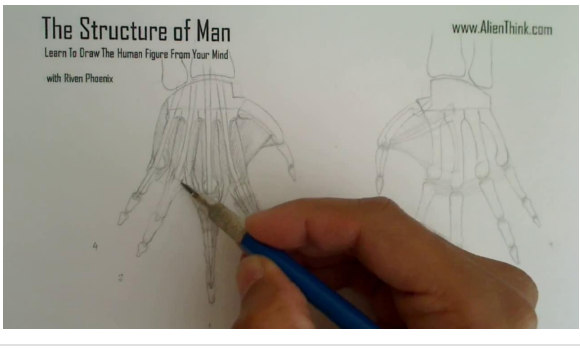
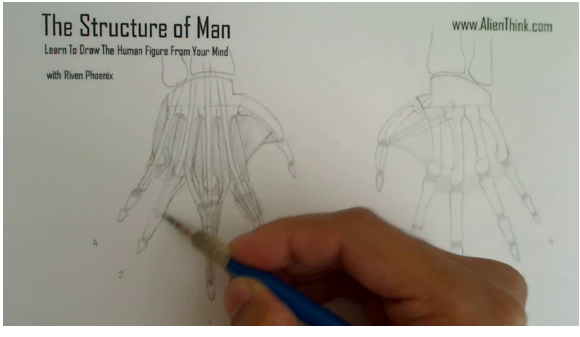
89		He's just keeping all these wires together over here, just like this, okay?
90		So what happens over here is that because this guy loses a muscle, right, he's connected
91		like this and he's going to get this, this pulley system is now going to be part of the
92		same concept, you're going to get this V shape over here, basically this wire is just

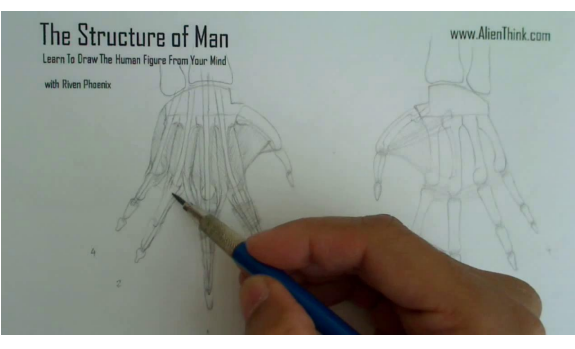
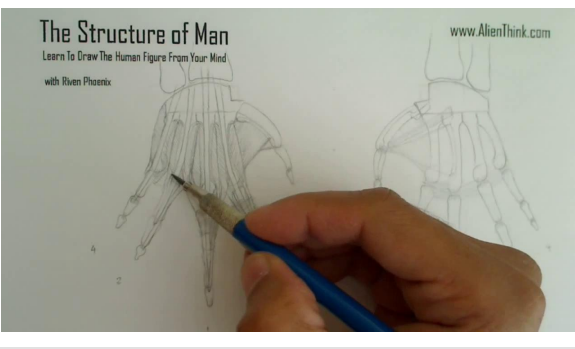
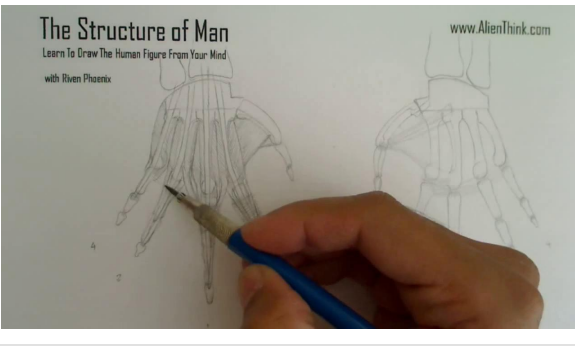
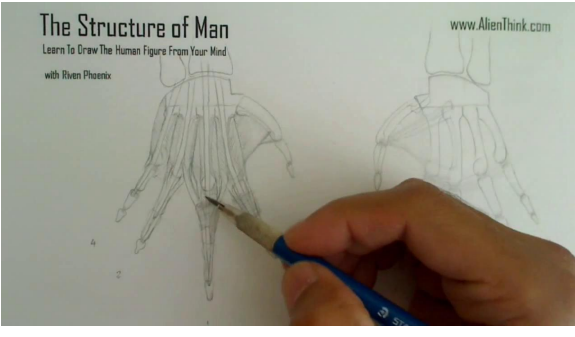
93		going to come like this, right?
94		So again, like I said, keep this stuff light because we're going to be erasing quite a
95		bit in here to understand because we're really building this stuff in layers, right?
96		So he's just going to end up here, he's going to go here.

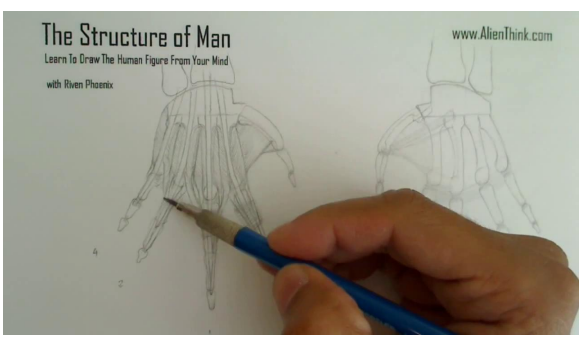
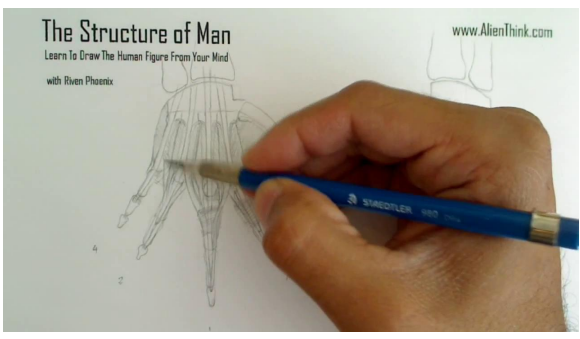
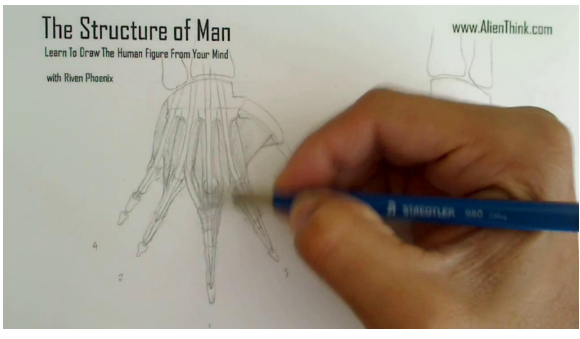
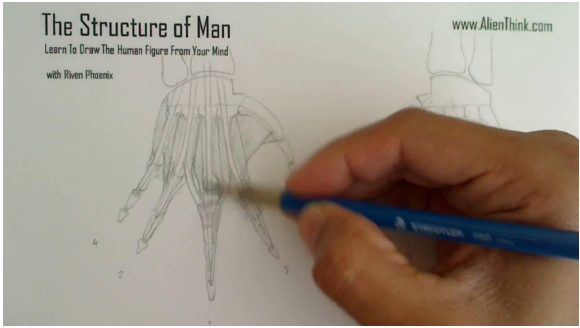
97		So what happens is that you do get another muscle that's over here, but he's coming from
98		the bottom, which we haven't looked at yet, right?
99		So what we're doing first is just wrapping up our understanding on the top of the head.
100		So what happens over here is that the same thing, you just wrap this up in just like this,

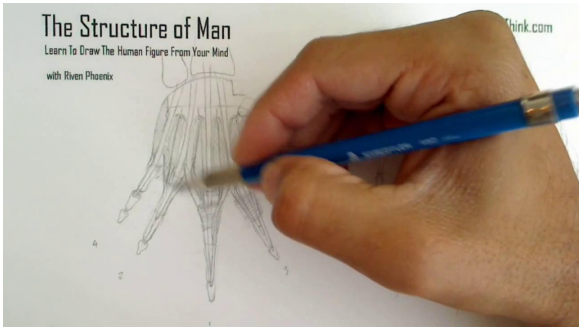
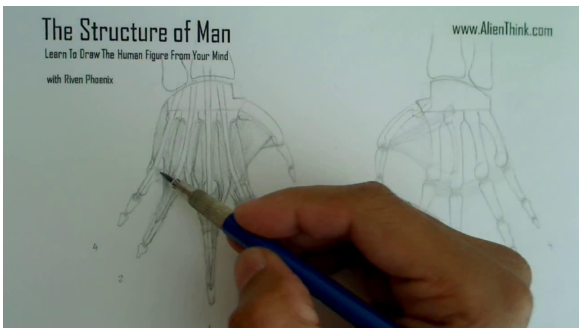
101		just conceptually wrap it up like okay, I understand that there's like this tissue wrapping
102		up this system over here, okay?
103		So what's going to happen here?
104		Well he lost a muscle, right?

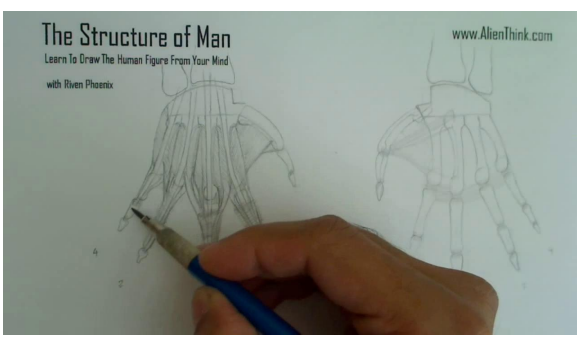
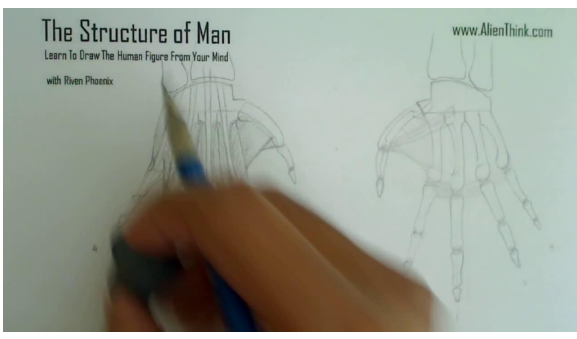
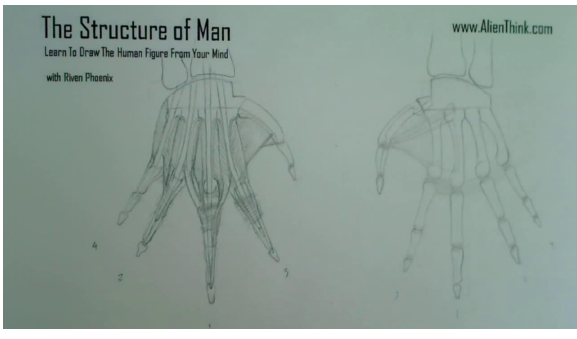
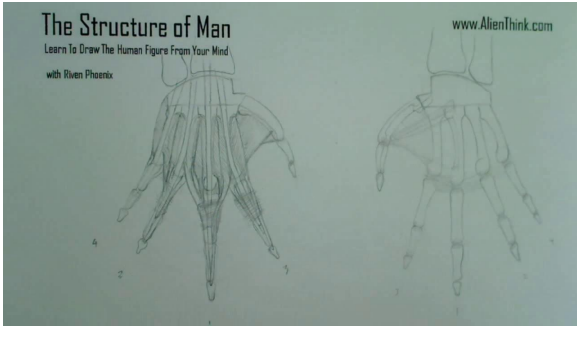
105		So we know that okay, well he's going to get this muscle really didn't do much, so he
106		got a muscle over here, right?
107		But then he's going to get another muscle that's going to come from the bottom and he's
108		going to do the same thing, going by its business, then basically you're going to get like

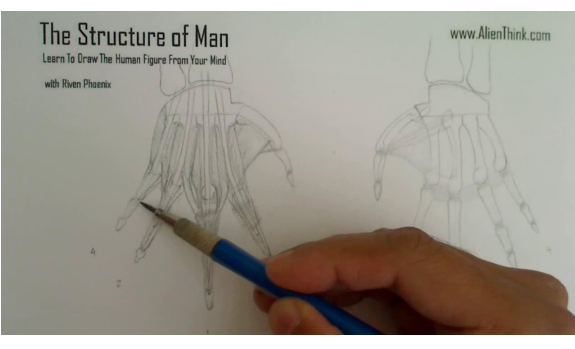
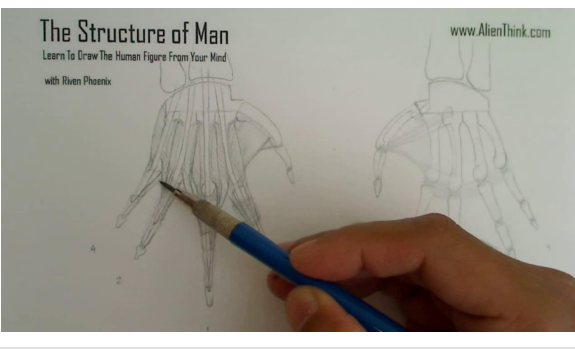
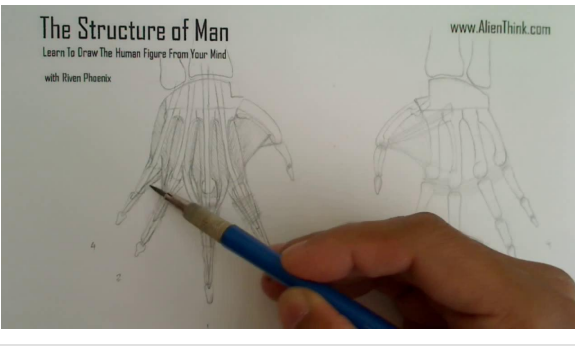
109		this V shape so there are two muscles connected like this, okay?
110		So here I'm just going to erase some of this stuff here, so just make sure that we're clear
111		understanding of this.
112		So he's going to come here on the side and he's just going to be here, right?

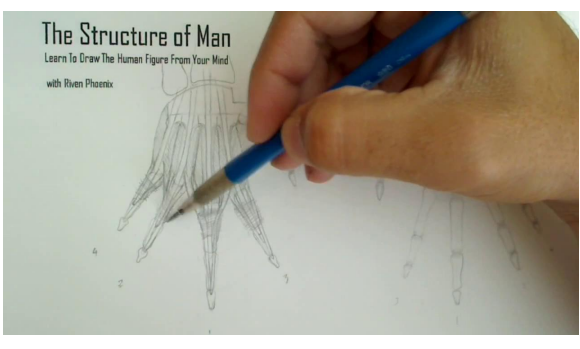
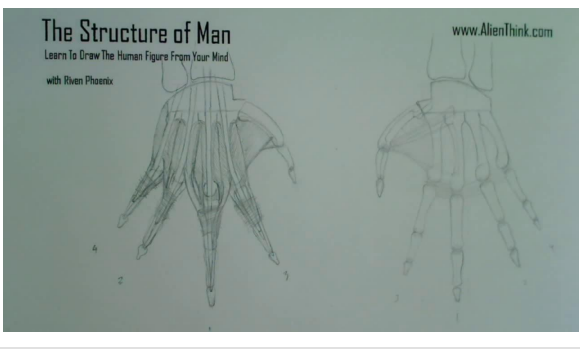
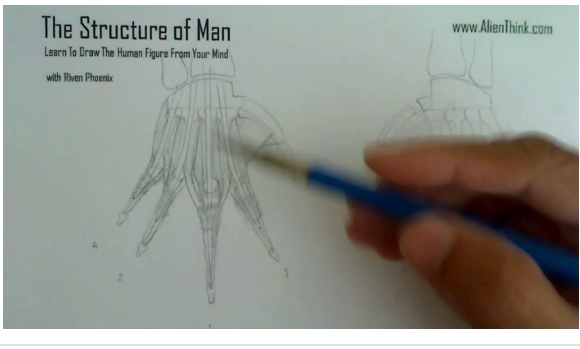
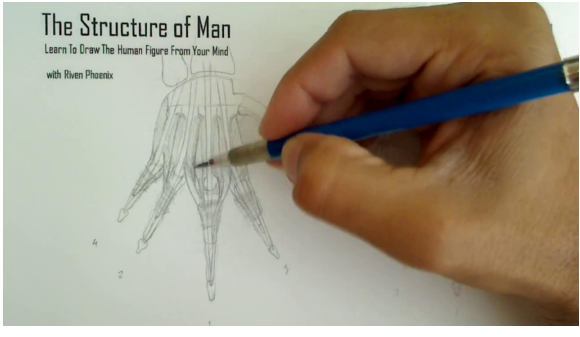
113		And then you're going to get this pulley system here connected here and then this muscle
114		that he had, he's going to also get it just like this, right?
115		So what happens is that even this guy comes over here too, so that tells you okay well this
116		is the most powerful one, this is the second most powerful one, right?

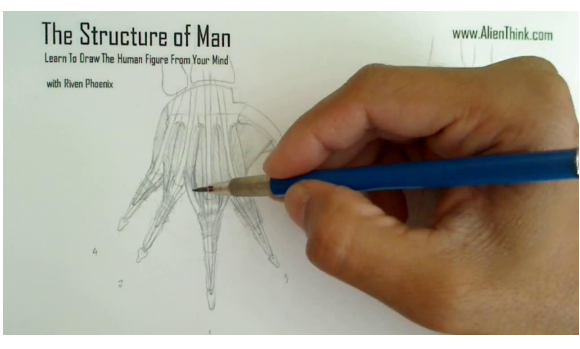
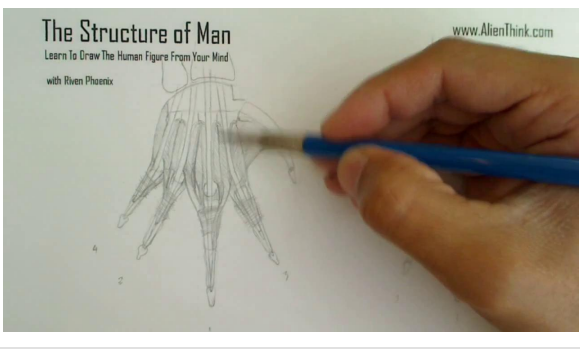
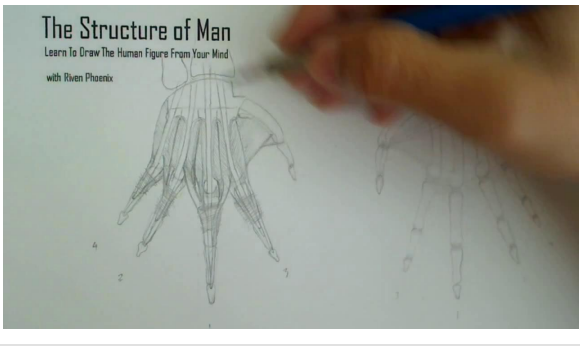
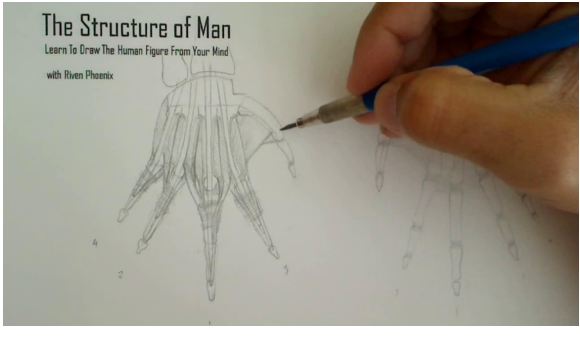
117		It's just going to come like this same thing, he's just going to come in and we just need
118		to understand conceptually what's going on, that they're coming in here, right?
119		This is coming in here, over here, this is coming in here and this is going in here
120		and here, so that's what's happening visually, right?

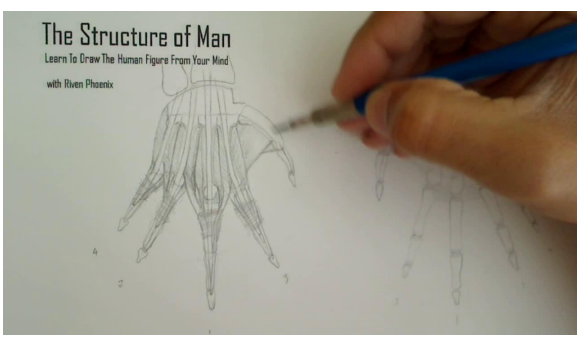
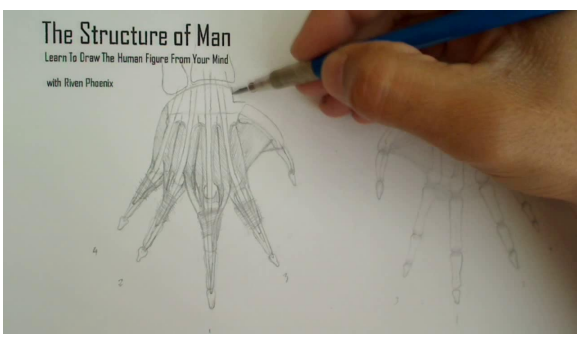
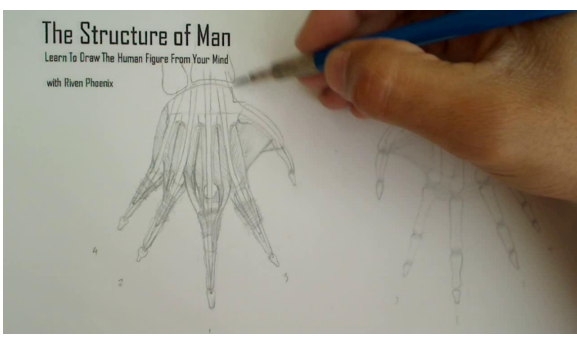
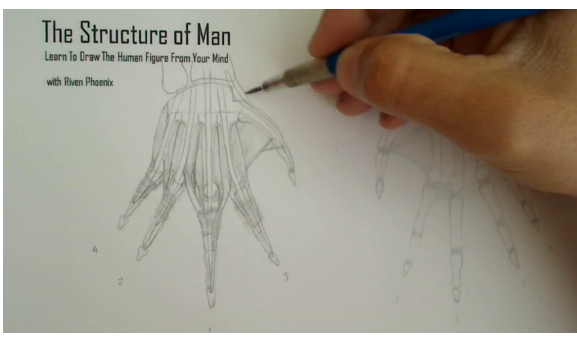
121		So here obviously we'll just cover this guy up, right?
122		So what happens with the small finger, well nothing much, he's just going to get another
123		pulley from the bottom of the head, right?
124		And this is that other pulley system already here, so we know that, right, this is just

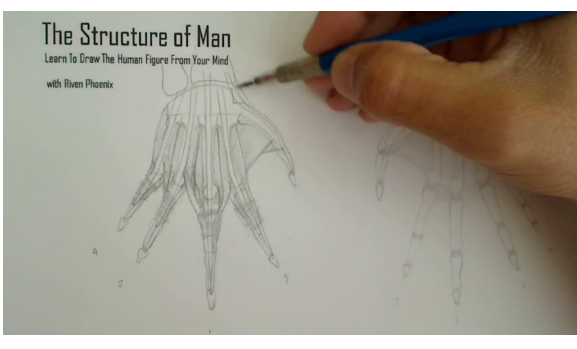
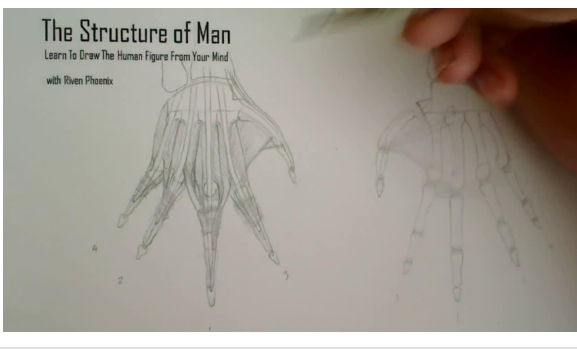
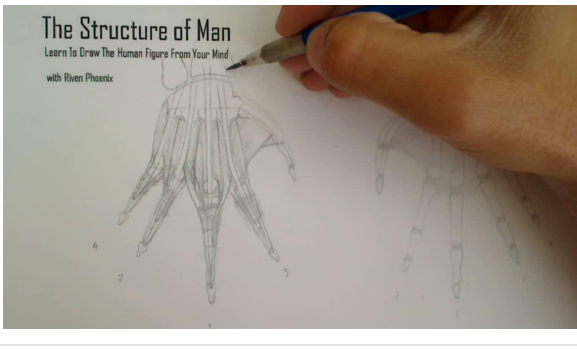
125		going to come over here like this and you're going to get these muscles over here, so
126		some of this stuff is kind of detailed, so I'm going to sharpen the pencil a little bit
127		because we're going to erase all the stuff in the end anyways, so I just want to make sure
128		you're just conceptually getting it, okay, so here this is just going to come here, I know

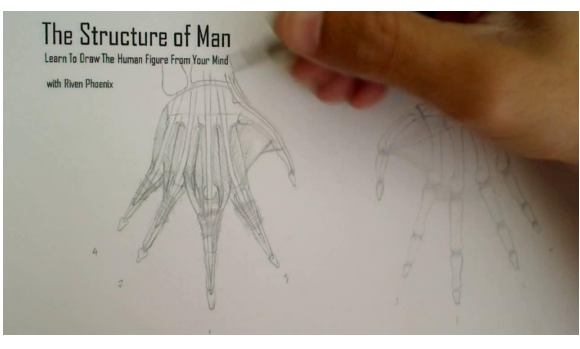
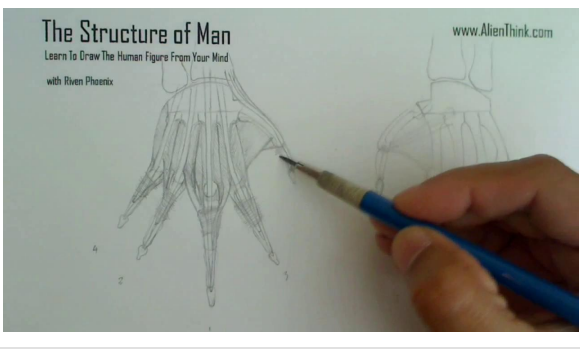
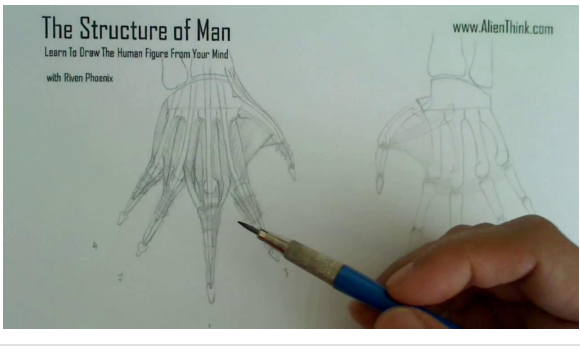
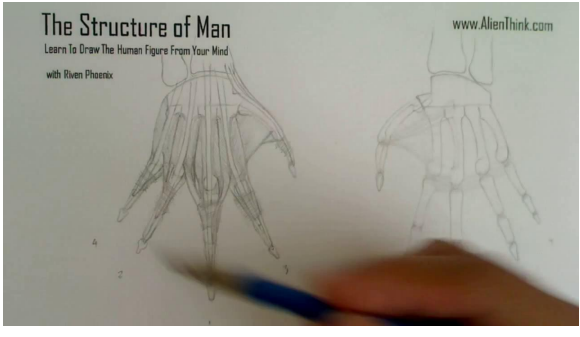
129		that this is just going to be here over here and this muscle is going to go here, this
130		is coming from the bottom, right?
131		This pulley system and he is coming here from the side, over here, right?
132		So what happens here is nothing much, he just gets covered up again just like this, right?

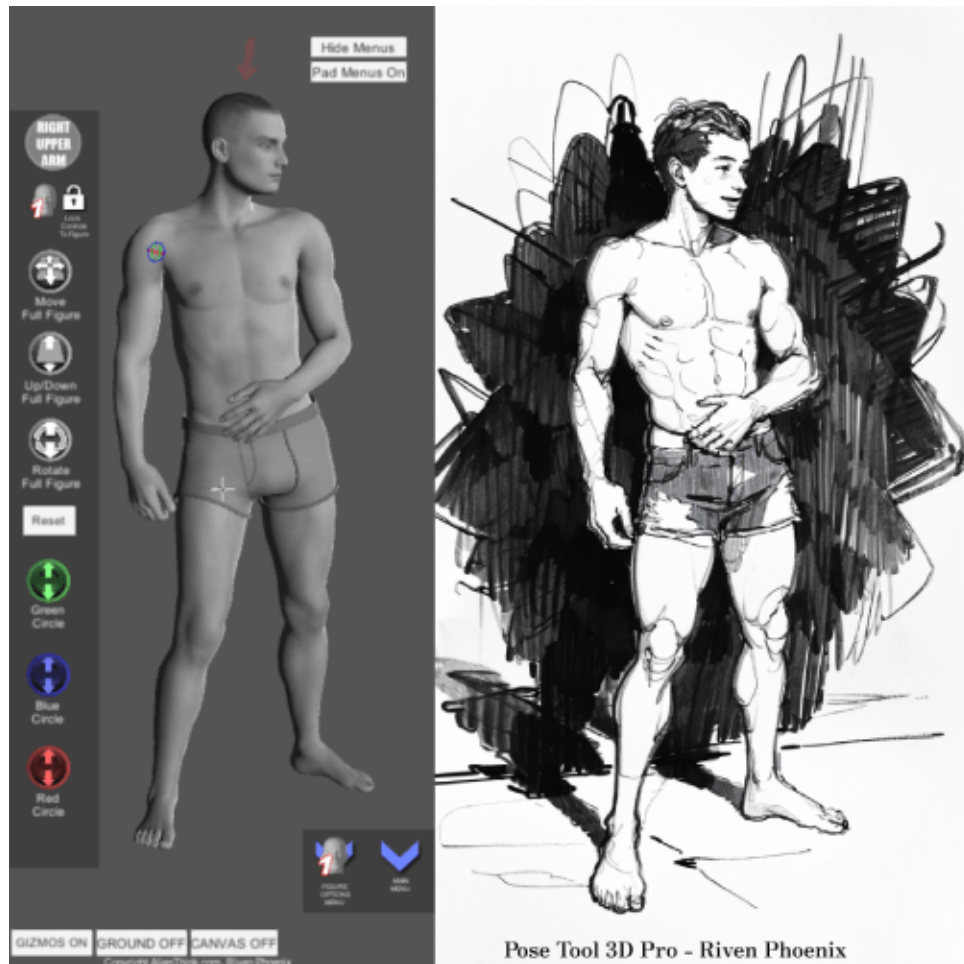
133		So here I'm just fizzing this in to show you that that's what's going on with the
134		idea of the hand, right?
135		So we understand now that okay, well I see what's going on, really it's this muscle here,
136		it's going to create this wedge, right?

137		He's going to get 1, 2, 3, 4, he's going to get 1, 2, and 3, just like this, okay?
138		So this is the wedge in here, right?
139		So here let's understand the wire systems for the thumb, so we talked about this already
140		as to how this works, so basically they're just going to go down here and they're going

141		to be 2 of them, right?
142		So 1 is going to be obviously on top, which we already talked about, you can just look
143		at the side of your thumb and see this yourself and then the other one is going to be kind
144		of like on the side, right?

145		So here I'm just going to draw it up like this, over here, right?
146		So we got, right, so always first put down the ideas and then come back with the eraser
147		and then say that okay, this is what I want, I really just want this wire over here, just
148		like this, and then over here, this is just going this way on near the bottom, right?

149		And this is just going to go like this over here, and obviously over here this is going
150		to get covered again with these ideas over here, okay?
151		So what we'll do is now in the next lesson we'll continue on and really try to wrap this
152		up the top of the hand, so I'll see you in the next lesson, thanks.



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